



Linda's T'ai Chi Weekly Handout May 9, 2021

Qigong

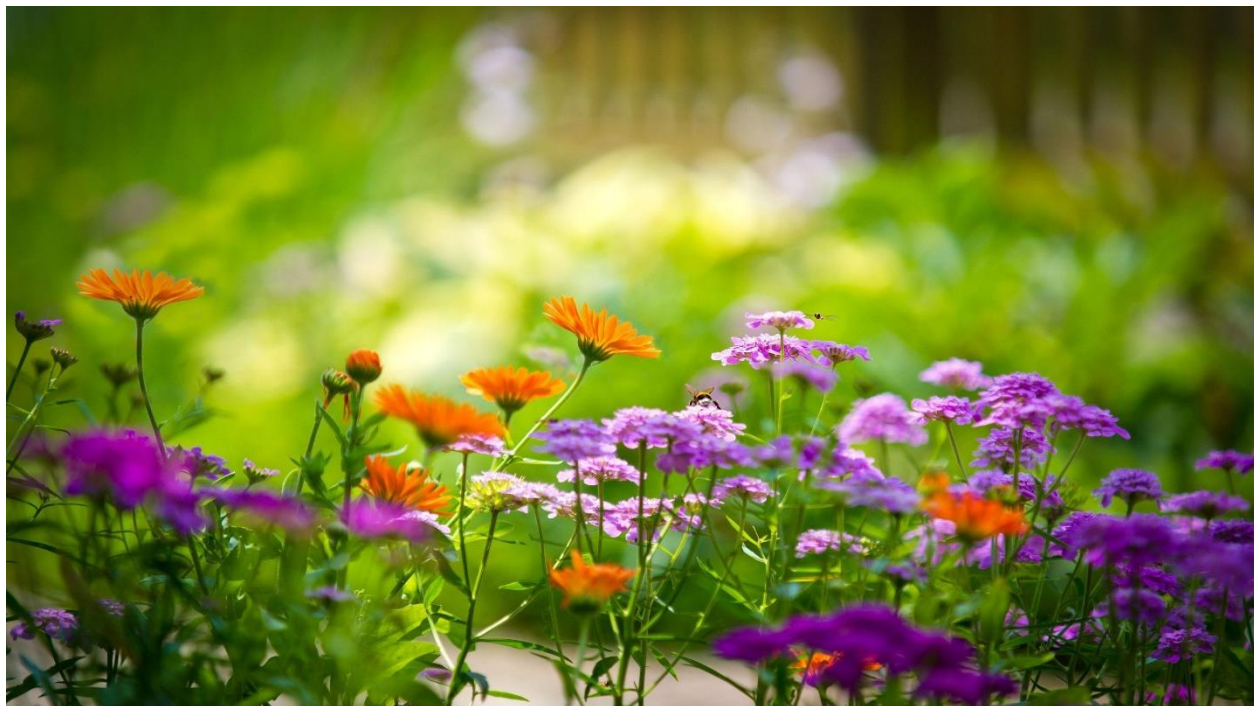
"Nature is painting for us,

day after day,

pictures of infinite beauty"

John Ruskin

John Ruskin (8 February 1819 – 20 January 1900) was the leading English art critic of the Victorian era, as well as an art patron, draughtsman, watercolorist, philosopher, prominent social thinker and philanthropist.



The Four Qigong Routines

I thought this might a good time to summarize all of the Qigong routines that I have been teaching and you have been learning this past year. These are fun to do and awaken our creative and spiritual side. The focus of Qigong is deep breathing and coordinated movements. Qigong is generally used for health restoration and prevention. It is part of the Chinese Medicine approach to health and wellbeing. It is easy on the joints and helps with balance without taxing those of us with balance issues.

The beauty of Qigong is that these routines are often centered around nature and the natural world.

Here are our 4 Qigong routines:

1. **Shibashi** is an 18-form qigong originally created for individuals leaving a hospital setting. It has physical rehabilitation properties. It is suitable for all ages and has been shown to increase energy, rejuvenate the mind, body and soul, and gain agility and flexibility.
 - a. Mist rising on the Lake
 - b. Open your heart and see the mountain
 - c. Paint the Rainbow
 - d. Separate the clouds
 - e. Hands glide like silk
 - f. Row the boat in the middle of the lake
 - g. Raise the Sun
 - h. Look at the Moon
 - i. Push hands
 - j. Wave hands like Hands

- k. Scoop the Sea and lift heart to the sky
- l. Push Waves
- m. Flying Dove
- n. Dragon Emerges from the Sea
- o. I can Fly
- p. Wind Mill turns in the breeze
- q. Step into Heaven or Bouncing a Ball
- r. Gather Fragrance from the Earth and release to the Universe

2. **Five Animal Frolic-** The Five Animal Frolic Qi Gong was created by Hua Tuo. Hua Tuo was a famous physician who lived around 200AD and developed these exercises by observing nature.

- a. Tiger Paws
- b. Bear
- c. Monkey plucking peaches
- d. Deer
- e. Crane



3. **The Five Treasures-** Five Treasures Qigong set is designed to reduce stress and increase energy. "Five Treasures Qigong" promotes the circulation of blood and Qi (vital energy) within the body according to health practitioners of this art. With its focus on deep breathing, the Five Treasures is rejuvenating and renewing. It engages our spirit to the natural world.

- a. Ocean Breathing
- b. Earth Breathing
- c. Gathering Starlight
- d. Open your heart
- e. Draw down Heaven

4. **Eight Pieces of Brocade** - The Baduanjin qigong is one of the most common forms of Chinese qigong used as exercise. Various translated as Eight Pieces of Brocade, Eight-Section Brocade, Eight Silken Movements or Eight Silk Weaving, the name of the form generally refers to how the eight individual movements of the form characterize and impart a silken quality (like that of a piece of brocade) to the body and its energy.

- a. Holding up heaven
- b. Shoot the arrow
- c. Separating heaven and earth
- d. The Owl looks behind
- e. Punching with angry eyes
- f. The dog wags its tail
- g. Brushing heaven and earth
- h. Rise on the toes and fall to the heels

In the near future I will teach one more form that was created by Master Tung Kai Ying whose T'ai Chi Ch'uan long form I teach. He is the owner and Master teacher at *The Academy of T'ai Chi Ch'uan* in Los Angeles, CA along with his son, Master Chen Wei. You can check out their website and studio. They teach internationally. Clifton Gore who

has been my constant teacher is a loyal student of the Tung Family and continues his study 3-4 times a week as well as teach in his own practice. Clifton has taught 2 weekend classes here in Bellingham before the pandemic.

The name of the form is *Tiger Mountain* and follows this poem that was written to help guide the form.

From clouds
She wove
Heaven and Earth
Then the Tiger
Brought Horses
To its knees
Between the Twin Mountain Peaks
That cross
And, push to the end.

If you wish, memorize the poem. It will guide you when I teach this lovely form. Most of you will know each of the forms. Maybe you can guess each posture by the poem.

Peace, Linda